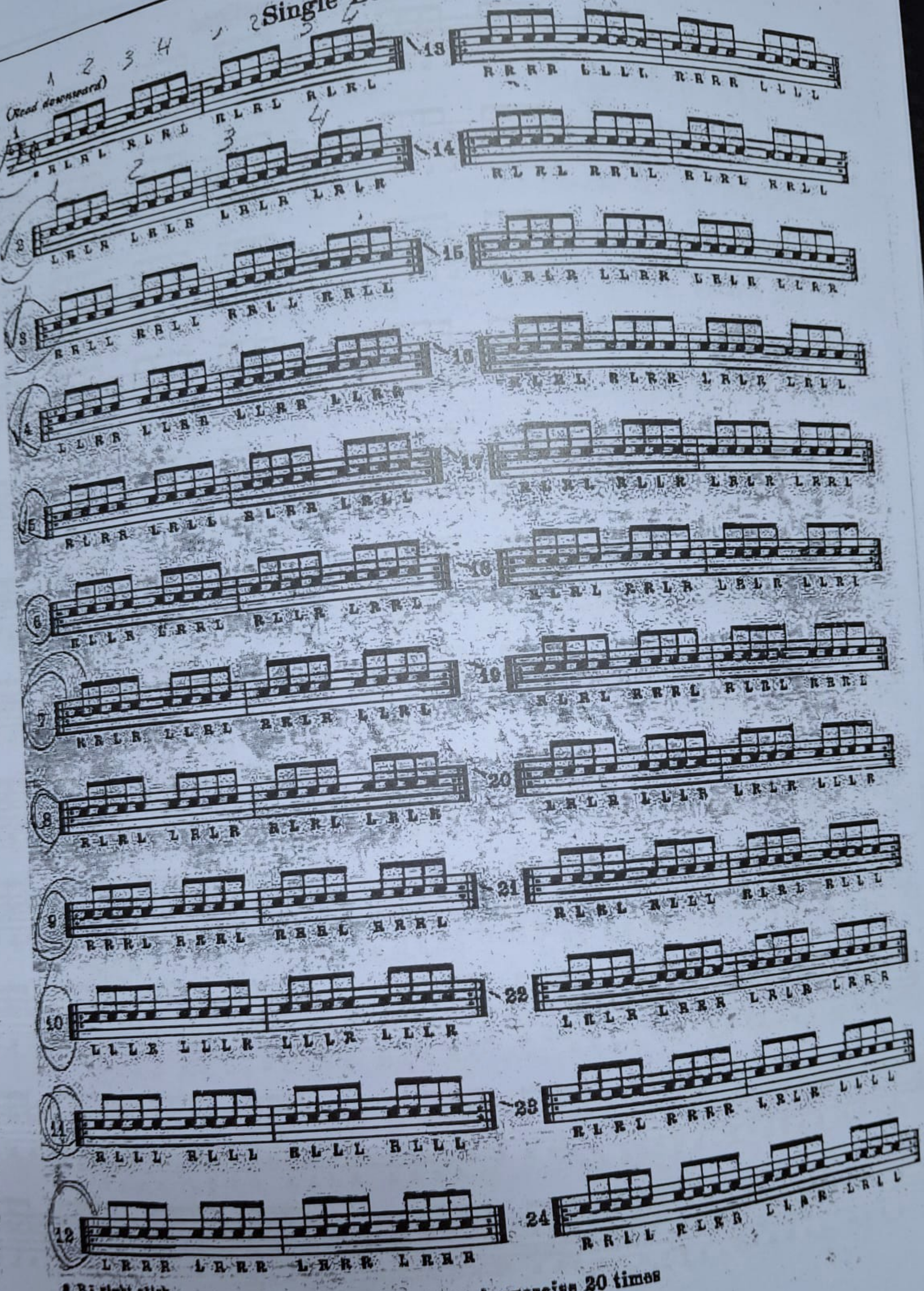
Single Beat Combinations

(Read downward)



* R: right stick
L: left stick

Repeat each exercise 20 times

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